

Soldiers Compete in the Rifle Stress Shoot at North Fort Hood Range

By 1LT Sean Christopherson

Competitors started off with a timed one mile stress run in full uniform, body armor, ACH, and weapon that they must complete in under 10 min. After a short break (keeping their heart rate up), the competitors transition to the rifle range. Shooters started at the 500 meter line where they get 90 seconds to run 100 meters and fire 10 rounds at a target 400 meters away from the prone unsupported position, 100 meters farther than Soldiers fire when qualifying on their M16/M4. Next, shooters had 90 more seconds to move 100 meter and fire 10 rounds at a target 300 meters away, again in the prone unsupported position. Shooters then had another 90 seconds to travel 100 more meters to fire 10 rounds at a target 200 meters away in the kneeling position, then 90 seconds to move and fire 10 more rounds at a target 100 meters away in the kneeling position. The competition was scored by how many hits Soldiers got on the targets, graded in concentric rings from 5,4,3,2,1 located center mass on the silhouette.

When asked what was the most challenging part of this event most of the competitors agreed that the one mile stress run was the toughest. One Soldier said “that he had never run more than a few hundred meters in full body armor ever. “And that most Soldiers rarely ever run in their body Armor. Most soldiers never realized how difficult it is to fire a rifle when you are tired and exhausted.” The north Fort Hood range was run by the 8th Engineer Battalion and the 74th Multi-Role Brigade Company.



Soldiers begin the rifle stress shoot by completing a one mile run in full body army



Soldiers finish there one mile run



Soldiers transition from the range starting line to engage targets at 100 meter intervals



Soldiers stop to engage targets from 400 and 300 meters in the prone unsupported firing position



Soldiers stop to engage targets from 200 meters in the kneeling position